

Homemade Cream of Tomato Soup¹⁰

Number of Servings: 10 (329.56 g per serving)

Amount	Measure	Ingredient
3 1/4	Tbs	Margarine, soft, safflower oil
8 1/2	Tbs	Onion, white, fresh, chpd
3 1/4	Tbs	Flour, all purpose, white, bleached, enrich
2.00	tsp	Base, chicken, low sod, 0144, FS
0.06	tsp	Spice, pepper, black
1 3/4	cup	Water, tap, municipal
7.00	cup	Milk, 1%, w/add vit A & D
2 1/2	cup	Tomatoes, diced, w/juice, cnd
5.00	tsp	Peppers, bell, green, sweet, freeze dried
13.00	oz	Carrots, fzn, slices
4 3/4	Tbs	Celery, fresh, diced

Nutrients per serving

Nutrition Facts	
Serving Size (330g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 7g	
Vitamin A 120% • Vitamin C 20%	
Calcium 25% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Serving size = 1 1/4 cup = 1CS

NOTE: fresh carrots(diced) and bell pepper may be used in place of frozen/dehydrated. (3 1/2 c sliced carrots = 1# or 16 oz)

Simmer carrots and celery in water in recipe.

Melt margarine. Add onions and peppers. Saute until tender

Add flour and pepper to onions. Stir until blended.

Slowly add water and cooked carrots, stirring constantly, then add low sodium chicken base and stir until mixture thickens and chicken base is completely dissolved and combined.

Add tomatoes to soup.

Stir in HOT milk. Heat to 160F (outlying sites may want to heat milk and add to Tomato Soup just before serving to prevent curdling)

Milk may curdle slightly upon holding. DO NOT add soda as this destroys the vitamin C in the tomatoes.

HACCP

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.